

SARA E. WALTERS-BUGBEE, PSY.D.

Louis Stokes Cleveland VA
10701 East Boulevard
Psychology 116B (W)
Cleveland, OH 44106
216.791.3800 ext. 2125
Sara.Walters-Bugbee@va.gov

EDUCATION

Psy.D., Clinical Psychology La Salle University, Philadelphia, PA	01/2011
M.A., Clinical Psychology La Salle University, Philadelphia, PA	09/2007
B.A., Psychology Guilford College, Greensboro, NC	05/2003
Dissertation <i>Bariatric Surgery and Female Caregivers: Differences in Dietary Practices, Child Feeding Practices, and Household Food Purchases</i> Conducted in association with the University of Pennsylvania and La Salle University Chair: Kelly McClure, Ph.D.	08/2010

CLINICAL AND PROFESSIONAL EXPERIENCE

Licensed Clinical Psychologist U.S. Department of Veterans Affairs Louis Stokes Cleveland VA Medical Center Blind Rehabilitation Center, TBI/Polytrauma Program, and Neuropsychology Consultation Cleveland, OH	11/2011 – Present
Rehabilitation Psychology Post-Doctoral Fellowship Edward Hines, Jr. VA Hospital, Chicago, IL Position: Psychology Resident Director: Bernard Sladen, PhD Rotations Completed: Blind Rehabilitation Center, Spinal Cord Injuries and Disorder Center (Acute Medical/Sustaining Care-Inpatient Rotation and Outpatient SCI Clinic), TBI/Polytrauma Outpatient Clinic (Polytrauma Network Site), Fellowship Clinic: Mental Health Clinic Supervisors: Kathleen Richard, Ph.D., Caroline Hawk, Ph.D., Jeff Canar, Ph.D., Paul Fedirka, Ph.D., and Rene Pichler-Mowry, Ph.D.	08/2010 – 08/2011
APA-Accredited Psychology Internship Program VA Gulf Coast Veterans' Health Care System, Biloxi, MS Position: Psychology Intern Director: Scott Cardin, PhD Rotations Completed: Behavioral Medicine, Home-Based Primary Care, Inpatient Service, Mental Health Clinic Supervisors: Ronald Alexander, Ph.D., Jack Carney, Ph.D., Clinton Martin, Ph.D., Scott Cardin, Ph.D.	08/2009 – 08/2010

PRACTICA/CLINICAL EXPERIENCE

Extern, Anxiety and Stress-Related Psychopathology 09/2008 – 07/2009
Center for the Treatment and Study of Anxiety, Department of Psychiatry
University of Pennsylvania, Philadelphia, PA

Supervised by Edna Foa, Ph.D. and colleagues in providing individual psychotherapy using state-of-the-art treatment programs specifically designed for: Posttraumatic Stress Disorder, Obsessive-Compulsive Disorder, and Generalized Anxiety Disorder across the developmental lifespan. Gained experience as a clinical interventionist in on-going government-sponsored research protocols. Conducted a comprehensive number of clinical evaluations and received extensive training in diagnostic assessment of anxiety and traumatic stress disorders.

Clinical Professional Development Activities:

Intensive Training in Prolonged Exposure Therapy for PTSD 10/2008

Instructors: Edna B. Foa, Ph.D., Elizabeth Hembree, Ph.D., and Elna Yadin, Ph.D.

Exposure and Response Prevention: Treatment for OCD 09/2008

Instructors: Edna B. Foa, Ph.D., Martin Franklin, Ph.D., Tracey Lichner, Ph.D., and Elna Yadin, Ph.D.

Extern, Bereavement Counseling 09/2008 – 7/2009
Joan Karnell Cancer Center, Pennsylvania Hospital
University of Pennsylvania, Philadelphia, PA

Conducted bereavement counseling for individuals and groups experiencing anticipatory bereavement, bereavement, complicated bereavement, and traumatic grief in response to the loss of a family member to a cancer diagnosis. Conducted individual psychotherapy for individuals currently coping with a cancer diagnosis. Managed cases with a multidisciplinary team of professionals who comprise the Palliative Care Program of Pennsylvania Hospital.

Chief Extern, La Salle University, Clinical Psy.D. Program 05/2008 – 05/2009
La Salle Community Center for Psychological Services, Philadelphia, PA

One of four fourth-year graduate students selected by La Salle faculty who they feel have demonstrated superior performance academically, clinically, and professionally during their tenure in La Salle's Clinical Psy.D. Program. Clinician and peer supervisor for students comprising the Anxiety and Stress Management clinic team and Cognitive Behavioral Therapy for Mood Disorders clinic team.

Extern, Obesity and Bariatric Surgery 07/2007 – 07/2008
Center for Weight and Eating Disorders, School of Medicine
University of Pennsylvania, Philadelphia, PA

Conducted individual psychotherapy for individuals with obesity, binge-eating disorder, nighttime eating syndrome, and anxiety/depression symptoms associated with obesity and weight related health co-morbidities. Conducted individual psychotherapy using the cognitive model for weight management and as an interventionist for on-going government-sponsored research protocols. Conducted bariatric surgery psychological evaluations, medical weight management groups, and wrote comprehensive bariatric surgery evaluation reports.

Extern, Diagnostic Interviewing 09/2006 – 06/2007
Center for Cognitive Therapy, Department of Psychiatry
University of Pennsylvania, Philadelphia, PA

Practicum program focused on SCID-bound diagnostic assessment and case conceptualization. Conducted a comprehensive number of diagnostic assessments utilizing the SCID I, SCID II, and Beck scales, wrote evaluation reports, and conceptualized cases using the cognitive model.

Clinician, La Salle Community Center for Psychological Services**05/2006 – 05/2009**

La Salle University, Clinical PsyD Program, Philadelphia, PA

Provided psychological assessment and individual, group, and family psychotherapy services to diverse and underserved clientele in department-run, community mental health clinic. Conducted psychological services utilizing empirically-supported cognitive-behavioral therapies for depressive disorders (05/2008—05/2009), for psychological problems pertaining to health psychology (05/2007—05/2008), and for child, adolescent, and family populations (05/2006—05/2007).

WORK EXPERIENCE**Administrative Assistant, La Salle Community Center for Psychological Services****05/2006 – 05/2008**

La Salle University, Clinical Psy.D. Program, Philadelphia, PA

Provided training and supervision for department-run clinic personnel in clinic database and policy management. Orchestrated and managed compilation of all clinic data for adult clientele served. Edited the Clinic Policy and Procedures Manual (versions 2006 and 2007).

Program Administrator, Statewide Prevention Network**11/2004 – 08/2005**

Princeton Center for Leadership Training, Princeton, NJ

The Statewide Prevention Network (SPN) is a network of peer leadership programs which focus on age-appropriate issues such as cooperative and respectful behavior (elementary schools), substance abuse prevention (middle schools), and transition issues and sexual health (high schools). Developed curricula materials for training events, assisted with training of adult mentors, and facilitated logistical planning for statewide events. Additional experience gained in budget tracking and program evaluation.

Assistant Program Manager, Piedmont Children's Home**02/2004 – 10/2004**

Youth Focus, Inc., Greensboro, NC

Assistant Program Manager of a residential treatment facility for behaviorally and emotionally disturbed children, ages 5 to 12. Trained new employees, scheduled staff coverage, recorded and reconciled expenditures and oversaw timesheets. Managed intakes, discharges, and participated in Treatment Team meetings. As deputy program manager, attended meetings and managed program as needed. Responsible for after hours on-call emergency crisis intervention, alternate months. Consulted with program manager and/or therapist regarding client care, discipline and control. Facilitated client appointments and documentation, provided client escort, and ongoing supervision. Supervised housekeeping activities.

Child Care Worker II, Piedmont Children's Home**09/2003 – 02/2004**

Youth Focus, Inc., Greensboro, NC

Assisted behaviorally and emotionally disturbed children with daily routine. Escorted children to designated activities and provided ongoing supervision; Instructed less experienced staff members in the proper running of the group home; Tailored behavioral management approach to each client based on his/her individual treatment plan; Instructed children regarding desirable health and personal habits; Planned and led recreational activities.

Residential Counselor, East Mountain Youth Lodge**05/2003 – 08/2003**

Carrier Clinic, Belle Mead, NJ

Provided direct care services to adolescent clients with psychiatric and/or emotional difficulties in a 24-hour clinical, therapeutic, and educational residential treatment program.

ADVISORY COMMITTEE

Division 22 Rehabilitation Psychology Membership Committee

02/2012 – Present

Committee Member

Attending regular conference calls to address membership issues, sharing ideas and developing plans for membership promotion and retention, and reaching out incoming members to help them adjust to Division 22. Emphasis on early career and international rehabilitation psychology issues.

Assistant to the Director, Graduate School Advising Committee

12/2006 – 08/2008

La Salle University, Philadelphia, PA

Assisted with the development of a mentoring program for La Salle University undergraduates interested in applying to graduate programs in Psychology

PROFESSIONAL AFFILIATIONS

American Psychological Association	2006—Present
Division 22	2010—Present
Division 22, Section 2 Women's Issues in Rehabilitation Psychology	2012—Present
Ohio Psychological Association	2013—Present
Society of Behavioral Medicine, Student Member	2009—2010
Mississippi Psychological Association, Student Member	2009—2010
Association for Behavioral and Cognitive Therapies, , Student Member	2006—2010
Pennsylvania Psychological Association , , Student Member	2006—2010

SCHOLARLY ACTIVITIES

Peer Reviewed Publications

Walters-Bugbee , S. E., McClure, K. S., Kral, T. V. E., Sarwer, D. B. (2012 Nov-Dec). Maternal Eating Behaviors and Child Feeding Practices of Women with Extreme Obesity and Women Who Have Undergone Bariatric Surgery. *Surgery for Obesity and Related Diseases*, 8(6), 784-91.

Invited Presentations

Walters-Bugbee, S. E. (2013, March). *Role of Psychology in the Cleveland Blind Rehabilitation Center: Psychosocial Adaptations for the BRC*. Oral Presentation given by conference call as part of the monthly National Veteran's Affairs VIST (Visual Impairment Services Team) Coordinators Lunch and Learn series.

Walters-Bugbee, S. E. (2012, November). *Promoting Successful Adjustment to Disability in a Blind Veteran Population*. Oral Presentation given as part of the "Focus on the Future" State Conference of the Association for the Education and Rehabilitation of the Blind and Visually Impaired of Ohio, Columbus, Ohio.

Dilks, R., Sarwer, D.B., **Walters-Bugbee, S. E.**, McClure, K. S., Kral, T. V. E., West-Smith, L. (2012, June). *Characteristics of Childhood Feeding Practices*. Oral Presentation given as part of the Integrated Health Main Session at the Annual Meeting of the American Society for Metabolic and Bariatric Surgery, San Diego, California.

Sarwer, D.B., Dilks, R., **Walters-Bugbee, S. E.**, McClure, K. S., West-Smith, L., Kral, T. V. E. (2012, June). *Characteristics of Child Feeding Practices Before and After Bariatric Surgery*. Oral Presentation given as part of the Masters Course in Behavioral Health Session II: Women's Health Issues And Pre- and Post-Operative Issues at the Annual Meeting of the American Society for Metabolic and Bariatric Surgery, San Diego, California.

Professional Conference Poster Presentations

Walters-Bugbee, S. E., McClure, K. S., Kral, T. V. E., Moon, S. M., Sarwer, D. B. (2010, October). *Bariatric Surgery and Female Caregivers: Differences in Dietary Practices, Child Feeding Practices, and Household Food Purchases*. Poster session presented at the Obesity Society's 2010 Annual Scientific Meeting, San Diego, CA.

Walters-Bugbee, S. E., Wolanin, A., & Gent, L. (2008, November). *Experiential avoidance as a predictor of early gains in therapy and treatment adherence: Room for early intervention?* Poster session presented at the 42nd Annual Association for Behavioral and Cognitive Therapies convention, Orlando, FL.

Myers, S., **Walters-Bugbee, S. E.,** Sgenci, A., Salbo, R., O'Hea, E. (2008, November). *Exercise behavior: The relationship between symptoms of exercise dependence and indicators of disordered eating*. Poster session presented at the 42nd Annual Association for Behavioral and Cognitive Therapies convention, Orlando, FL.

Marks, D. R., Wolanin, A., Deal, S., **Walters-Bugbee, S. E.,** Mannaseri, M., & Block-Lerner, J. (2007, November). *Utility of the Thought-Action Fusion Scale in diagnosis of GAD*. Poster session presented at the 41st Annual Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA.

Panichelli-Mindel, S. M., Anghelone, S., Foran, K., **Walters-Bugbee, S. E.,** Miller, R., & Scarth, E. E. (2007, November). *Maternal and paternal internalizing symptomatology and child psychopathology in a clinic referred sample*. Poster session presented at the 41st Annual Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA.

Marks, D. R., Wolanin, A., Manasseri, M., Deal, S., **Walters-Bugbee, S. E.,** & Block-Lerner, J. (2007, July). *Using the Thought-Action Fusion Scale for differential diagnosis in a clinical population*. Poster session presented at the Fifth World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain.

RESEARCH EXPERIENCE

Co-Investigator

02/2011 – 06/2011

The Chicago Lighthouse for People Who Are Blind or Visually Impaired, Chicago, IL

Employed part-time as a research consultant to design the curriculum for a CBT-based psychotherapeutic group and individual intervention to be submitted for R & D Merit Review. The purpose of this research was to investigate the effectiveness of psychotherapeutic intervention strategies for older adults with acquired visual impairment, with the goal of addressing adjustment issues that often accompany vision loss in patients who are undergoing a concurrent vision rehabilitation program.

Principal Investigator: Janet Szlyk, PhD

Co-Investigators: Patricia Grant, M.S., David Rakofsky, Psy.D., and Robert Anderson, Ph.D.

Co-Investigator

10/2007 – Present

Center for Weight and Eating Disorders, University of Pennsylvania

Longitudinal data collection completed and data analysis is underway of pre-operative caregiver participants of the dissertation study named below (who have now undergone bariatric surgery). This study is currently operating under IRB approval from the University of Pennsylvania.

Principal Investigator: David Sarwer, Ph.D.

Co-Investigators: Rebecca Dilks, R.D., L.D.N., Kelly McClure, Ph.D. and Tanja Kral, Ph.D.

Co-Investigator**06/2009 – Present**

Georgetown Community Hospital, Bariatric Surgery Center, Georgetown, KY

Co-Investigator of the independent replication of the dissertation study named below. Data collection is currently underway. This study is currently operating under IRB approval from the University of Pennsylvania and Georgetown Community Hospital.

Principal Investigator: Lisa West-Smith, Ph.D., L.C.S.W.

Co-Investigator: David Sarwer, Ph.D.

Research Consultant/Interventionist, Adolescent Weight Management Program**09/2008 – 06/2009**

Children's Hospital of Philadelphia, Philadelphia, PA

Study title: *Primary Care Research Network for the Treatment of Adolescent Obesity*

Employed part-time as an evaluator and health coach for a government-sponsored, randomized-control clinical trial comparing the effectiveness of a self-guided vs. a group-based behavioral weight loss intervention for predominately African American families in the Philadelphia area. Conducted psychological evaluations with obese adolescents and their guardians, to assist in determining study eligibility. Intervened as a health coach for self-guided families, and participated as a co-facilitator in the group-based intervention cohorts.

Principal Investigator: Robert I. Berkowitz, M.D.

Interventionist, OCD Augmentation II Study**12/2008 – 06/2009**

Center for the Treatment and Study of Anxiety, University of Pennsylvania, Philadelphia, PA

Study title: *Maximizing Treatment Outcomes for OCD*

Interventionist for the randomized-control clinical trial sponsored by the US National Institute of Mental Health, comparing the effectiveness of Risperidone, therapy, or a placebo pill as an add-on treatment for OCD. Provided individual Exposure and Response Prevention treatment to a subject on the placebo pill condition, whom had not achieved the maximum benefit of a reduction in OCD symptoms. Received group supervision on study cases by Edna Foa, Ph.D.

Principal Investigator: Edna Foa, Ph.D.

VA Research Assistant, MIRECC**09/2006 – 09/2008**

Philadelphia VA Medical Center, Philadelphia, PA

Employed part-time as the research assistant for the health psychologist of the Philadelphia VAMC, MIRECC. Completed institutional review board applications, reported adverse events, and performed data collection for research protocols in health psychology.

Principal Investigator: Steven Sayers, Ph.D.

Study title: *Congestive Heart Failure, Psychosocial Factors, and Treatment Adherence*

Study title: *Assessing Barriers and Supports to Treatment Adherence in Type 2 Diabetes: Intervention Implications*

Study title: *Congestive Heart Failure with Psychiatric and Substance Abuse Comorbidity: A Family Intervention for Improving Self-Care of Heart Failure Patients*

VOLUNTEER EXPERIENCE**Volunteer, Blind Service Association****03/2011 – 08/2011**

Chicago, IL

Provided reading and recording services to clients of the Blind Service Association in addition to a number of other successful and popular educational, recreational, and support programs for visually impaired people of all ages.